

★1-Star Neuro-Nutrition Meal Plan

Shopping List★

Proteins and Dairy

- 1 dozen large eggs—you'll use 10
- 4 small chicken drumsticks
- 1 can tuna packed in water
- 1 small container milk, at least 1 pint

Produce

- 2 bananas
- 1 apple
- 1 lemon
- 3 medium-to-large sweet potatoes
- 1 bag baby spinach, approximately 8 ounces
- 1 pound carrots
- 1 small head cabbage
- 1 medium onion
- 1 bulb garlic
- 1 bag frozen mixed vegetables

Pantry

- 1 container rolled oats—you'll use approximately $1\frac{3}{4}$ cups
- 1 pound brown rice—you'll use approximately $1\frac{1}{4}$ cups dry
- 1 loaf whole-grain bread
- 1 small package whole-wheat tortillas
- 1 pound dry lentils
- 2 cans black beans
- 2 cans diced tomatoes
- 1 small jar peanut butter
- Extra-virgin olive oil
- Low-sodium soy sauce
- Vinegar

Pantry seasonings assumed on hand (purchase only if needed):

- Ground cinnamon
- Paprika
- Ground cumin
- Garlic powder
- Dried parsley, optional
- Salt
- Black pepper